



# CDC WORKSITE HEALTH SCORECARD

## 2020 Employer Tobacco Cessation Program Profile

The CDC ScoreCard is a tool to help employers assess whether their health promotion programs are based on the best evidence for improving employees' health and wellness.

<https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>

Tobacco use remains the leading cause of preventable disease, disability, and death in the United States with over 50 million US adults currently using any tobacco product.<sup>1</sup> Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers in general. Quitting smoking has immediate as well as long-term health benefits.

### What Evidence-Based Practices Does the ScoreCard Assess?

#### PROGRAMS



Opportunities to begin, change, or maintain health behaviors

#### POLICIES



Formal or informal statements to protect or promote health

#### ENVIRONMENTAL SUPPORTS



Physical factors at work that help protect and enhance health

#### BENEFITS



Overall compensation, including health insurance

## How Are Employers Doing in Promoting Tobacco Cessation?

**69%** of employers have a comprehensive workplace tobacco control program<sup>a</sup> that includes education, policies, and benefits strategies.

**372** worksites (**78%**) have a tobacco use ban policy in place covering **366,560** employees.

On average, employers have 5 of 8 (**63%**) Tobacco Control ScoreCard strategies in place.



1. Cornelius ME, Wang TW, Jamal A, Loretan CG, Neff LJ. Tobacco product use among adults — United States, 2019. MMWR Morb Mortal Wkly Rep 2020;69:1736–1742. DOI: <http://dx.doi.org/10.15585/mmwr.mm6946a4>

<sup>a</sup>Comprehensive programs refer to a coordinated set of strategies, which include programs, policies, benefits, environmental supports, and links to the surrounding community that are designed to meet the health and safety needs of all employees. The 2020 CDC ScoreCard tobacco use module does not include any questions related to environmental supports.



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion

**TOBACCO CONTROL  
SCORECARD STRATEGIES**

**STRATEGY<sup>b</sup>**

**PERCENTAGE OF  
WORKSITES<sup>c</sup> WITH  
STRATEGY IN PLACE  
(2020 SCORE)**



Prohibit the sale of tobacco products on worksite premises

**90%**



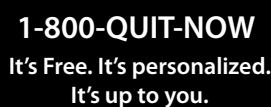
Have and promote a written policy banning tobacco use at the worksite

**78%**



Provide health insurance coverage with free or subsidized out-of-pocket costs for FDA approved prescription tobacco cessation medications

**77%**



Provide educational materials that address tobacco cessation

**75%**



Provide and promote free or subsidized lifestyle coaching, counseling, or self-management programs that equip employees with skills and motivation to quit using tobacco.

**73%**



Provide health insurance coverage with free or subsidized out-of-pocket costs for FDA approved over-the-counter nicotine replacement products

**65%**



Provide and promote interactive educational programming on tobacco cessation

**57%**



Provide financial incentives for being a current nonsmoker and for current smokers who are actively trying to quit tobacco by participating in a free or subsidized, evidence-based cessation program

**33%**

<sup>b</sup>Evidence-based practices (i.e., programs, policies, environmental supports, and benefits) in the CDC Worksite Health ScoreCard have a weighted score from 1 to 3 points. The score is derived from the strategy's impact on population health outcomes and the strength of the supporting scientific evidence.

<sup>c</sup>Percentages are based on 480 ScoreCard submissions in 2020.